Gator Gazette AIR FORCE RESERVE COMMAND > 917th WING, BARKSDALE AFB, LA +

307th RED HORSE Squadron-Returns from mission to the desert

l Bomb Squadron-

crew returns home

during Freedom: Deployed member performs maintenance on a B-52

Be prepared for the tasks ahead

"Be prepared" is the motto of the Boy Scouts of America, but we all know that it is also what we strive for in the 917th Wing and Air Force Reserve.

We train to deploy a war-fighting force in response to national command authority. Inspections and living through them are two avenues to stay prepared. We will face the headquarters conducted unit compliance inspection (UCI) team next May, and it is not too early to focus on "watering their eyes" when they come.

We currently have approximately 400 Wing reservists activated for the war on terrorism and homeland defense. We prove on a daily basis how prepared we are to face the national defense and our war-fighting challenges. This preparedness is a result of excellence in many of the areas we will be inspected on in May.

Training is the reason we exist, and the inspectors want to see how well we've documented what must be an excellent program, judging by how our folks have performed since Sept. 11. Be as proud of your training documentation as you are to be part of the war-fighting team. Don't let the inspectors negate the accomplishments we have made because the Is are not dotted and the Ts are not crossed.

Webster's definition of mentor is "trusted guide, counselor, tutor or coach." Thus mentoring is a relationship where a person with more experience guides another person's development, both personal and professional. Mentor was originally a character in Homer's "Odyssey."

Mentor's job was not merely to raise Telemachus, but to develop him for the responsibilities he would assume in his lifetime.

Mentoring is what we do on a daily/ monthly basis to assist our personnel in



Lt. Col. Kevin Wolfe 917th Support Group **Deputy Commander**

becoming the leaders of the future. We take the time to develop them, so document the sessions for the member's benefit and for the inspectors.

We completed our semi-annual self-inspection during the month of July. The Self-Inspection Tracking System (SITS) is the automated program used to document discrepancies and follow-up actions to correct them. The system was developed by 917th Wing personnel and won the Air Force Chief of Staff Team Excellence Award. It has become the Air Force Reserve Command standard for self-inspections. The UCI team will expect us to have the "best seen to date" in this area. Let's not disappoint them. Find the discrepancies, put them in SITS, and work 'em to their death.

We know we're the best wing in AFRC. Convincing the inspector general starts now with a complete review of our programs and the identification and eradication of any discrepancies. Remember, it's not over until the paperwork is done.

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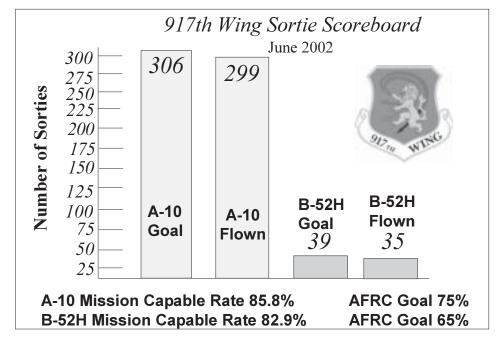


November **Employer Day** Gatorfest

December

Wing Christmas Party at

Horseshoe Dome



Gator Gazette

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Front Cover Photo: Master Sgt. Eddie, 917th Maintenance Squadron aircraft armament systems mechanic, disconnects the bomb door struts on a B-52 after its return from a combat mission over Afghanistan. (Photo by Master Sgt. Jessica D'Aurizio)

Deployed members hang in there

Story and photos by Master Sgt. Jessica D'Aurizio

Wing Public Affairs

Missions continue for the B-52s deployed in support of Operation Enduring Freedom. Mindsets continue to stay focused on the war against terrorism as they patrol Afghanistan, ready to assist ground forces with bombs hanging from their wings that span 185 feet and are nestled in their bellies.

"I've never had a crew member return in bad spirits," said Tech. Sgt. Thurman, 93rd Bomb Squadron life support technician. "They look pretty beat up, but they still laugh and joke with you." The B-52 mission lasts for almost a complete day when you include briefings and equipment checks.

"They walk out of here wearing about 30 pounds of equipment, not including all the necessities they are carrying in bags," said Thurman. Some of the equipment provided by the survival shop includes a radio, a compass, flares, a 9mm, knife, and tourniquet.

When one crew member was asked if he had ever been in a situation where he had to use any of the survival equipment, Maj. Eric "Jackal," a



Maj. Ken "Wiz," 93 BS radar navigator, checks his 9mm before a flight over Afghanistan in a forward operating area.

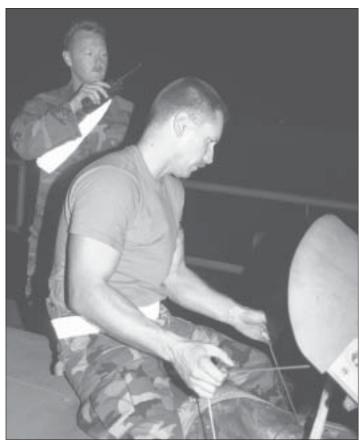
93 BS crew member said, "No I haven't, and hopefully none of us will ever have to. But if it happens, we're each armed with 30 rounds of

9mm ammo."

"We're here to make sure they have what they need, and I'm confident we do that," said Senior Airman Curtis, also a life support technician with the 93 BS. "If we don't have it, we do everything we can to get it for them."

Even while tensions increase with Iraq, the B-52 aircrews continue life as they've come to know it in the operating area. Packages from home make it a little easier for some.

While being transported to a B-52 before a mission, Lt. Col. William "Sleepy" casually mentioned, as he opened mail from home, that this was his 60th combat mission. He held up a finger painting he had just received from his three-year old and solemnly said, "This is what makes it all worthwhile. It reminds me that I'm fighting the war against terrorism for all the children and their futures."



Master Sgt. Dennis, 93 BS flightline expeditor, coordinates flightline maintenance as Tech. Sgt. Bob, 93 BS crew chief, pins the pilot parachute in the tail section of a B-52 deployed to a forward operating area in support of the war on terrorism.

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In the news.....

Officers Association needs your help

Join the Reserve Officers Association and take advantage of an association that protects the rights and benefits of military officers and their families. Whether you're reserve, active duty or retired, the ROA serves you while you serve your country.

The local ROA, Chapter 9, welcomes all officers assigned to the 917th Wing. Individual ROA members interested in serving as a local chapter officer are needed immediately. For more information, contact Lt. Col. Dale Jones at 456-9007 or by e-mail at william.jones12@barksdale.af.mil.

Medical questionnaire to be completed prior to taking physical on UTA

Anyone scheduled for a physical on the unit training assembly are asked to complete the on-line questionnaire found on the Web site http://www.wbits.afrc.af.mil (click on questionnaire) no later than the Monday prior to the UTA. Information needed to complete the questionnaire includes member name, social security number, date of rank (as it appears in customer service) and date of birth.

Members must report to medical on the Saturday of the UTA (the month prior to their birth month) for bloodwork and immunizations and a detailed physical if required. For more information, contact Tech. Sgt. Lynea White at 456-1365.

Be ready to roll

The Air Force wants people trained to fight, physically fit and focused on the job when they deploy overseas. Part of being prepared is making sure loved ones are taken care of before shipping out.

To help make that happen, reservists can turn to the Guard and Reserve Family Readiness Program Toolkit, which is available at the Web site http://www.defenselink.mil/ra. The toolkit offers advice on a variety of topics, including medical care, necessary documents, finances, transportation and housing.

New process for MGIB recipients

Members receiving reserve MGIB benefits must call the Department of Veterans Affairs at 1-877-823-2378 or 1-888-442-4551 (choose option one on the telephone menu) to "certify" at the first of each month in order to receive benefits for the previous month. To certify is simply to verify the amount of semester credit hours the member is taking at the present time.

Remember to get the name of the counselor you talk to when certifying in case you have problems receiving your benefits. For more information, contact Verendia Sanders at 456-9247.

Pick up your packet for SNCOA

The next Senior Noncommissioned Officer Academy Board is ready to review all new applicants for the following SNCOA class dates: Oct. 8 - Nov. 20, 2002 (2002A), Jan. 15 - Feb. 27, 2003 (2002B), and March 13 - April 23, 2003 (2002C).

Members applying for the class beginning Oct. 8 need to be prepared for short notification of acceptance. All applications must be submitted no later than August 4. Application packages may be picked up in the Wing Education and Training Office, Bldg. 6803, Rm. 151. For more information, contact Staff Sgt. Brett Holder at 456-7506.

Break a sweat and lose a pound

Come out, have fun and get in shape all at the same time! Aerobics classes are scheduled on Sunday of each UTA at the base fitness center aerobics room. Sessions are scheduled from 11-11:30 a.m., and from noon-12:30 p.m., with class size limited to 15 persons per session. For more information, contact Lt. Col. Marilyn Alston at 456-7284.

Toll-free lodging line established

A toll-free number to reach any base lodging operation in the continental United States has been established by the Air Force Services Agency. The number, (888) AF Lodge or (888) 235-6343, eliminates having to contact individual lodging facilities to make reservations.

Denson Scholarship deadline

The deadline to apply for the Chief Cheryl T. Denson Scholarship is Aug. 15. Interested applicants may pick up an application at the Wing Education and Training Office, Bldg. 6803, Rm. 152. For more information, contact Senior Master Sgt. Margaret Mayweather at 456-9859.

Defense College looking for nominations

The Air Force Reserve is seeking nominations of officers to the Inter-American Defense College. This opportunity satisfies resident senior-service school credits for professional military education. The next class convenes August '03 and graduates June '04. Last date for registration is August 4, 2002.

The curriculum includes the study of international situations, with emphasis on the Western hemisphere. The course also contains a study of the Communist bloc and the free world, a thorough study of the Western hemisphere to include economic, social, geographic and other major non-military factors, strategic planning, and problems regarding defense of the Western hemisphere. Interested officers should contact Staff Sgt. Brett Holder, at 456-7506.

Employer Day scheduled for November

Show your employer what you do in the Air Force Reserve by inviting him or her to Employer Day, scheduled for Nov. 2. Your employer will be given a briefing of the Wing's mission, a tour of its functions, and shown an A-10 and B-52 static display, . A nomination form will be included in the September Gator Gazette. For more information, contact the Public Affairs Office at 456-9181.

The Wing congratulates...

Capt. Michael Ramsey, 917th Medical Squadron chief of laboratory services, for being named Outstanding Professor in the College of Allied Health and Rehab Professions at the University of Louisiana at Monroe, where he is a radiology professor.

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Cadets get first-hand look at Wing



PHOTO BY STAFF SGT. SHERRI SAVANT

Tech. Sgt. Steve Shockley, 47th Fighter Squadron aircrew life support attendant, explains the various components in the crewmember's Air Ace Survival Vest to cadets during the 3rd Lieutenant Program held in June. Representatives from various squadrons were present at a symposium held in Hoban Hall to give the nearly 150 Junior Reserve Officer Training Corps cadets a first-hand look at equipment used in the mission of the 917th Wing. Maintenance personnel briefed the cadets on the inner-workings and capabilities of the A-10 aircraft, with special emphasis on the Gatling Gun. Wing members also sponsored cadets and brought them to their work areas to show them the type of work they do daily.

Roberts assumes command of 307th RED HORSE Squadron



PHOTO BY STAFF SGT. SHERRI SAVANT

Lt. Col. Rodney Roberts assumes command of Det 1, 307 RHS during a ceremony at Lemay Auditorium in July. He replaces Col. David Haulman, who retired in May.

Reservists join 917th Wing

Eight new reservists joined the 917th Wing. They will attend the newcomers' briefing and then join their respective squadrons.

917th Medical Squadron

Airman 1st Class Chris Spell Staff Sgt. Peggy Vanier

917th Maintenance Squadron

Staff Sgt. Bryan Deason

917th Civil Engineer Squadron

Senior Airman Derek Green

917th Communications Flight

Staff Sgt. Quentin L. Ammons

93rd Bomb Squadron

Staff Sgt. Michael Gouch Staff Sgt. Adrian Monzingo

307th RED HORSE Squadron

Staff Sgt. Miles Wallis, Sr.

Wing members promoted

The following individuals were promoted on July 1.

To Airman - Jessica Lee, 917th Logistics Group; Sean Turner, 917 LG.

To Airman 1st Class - LaDeidre Adams, 917th Medical Squadron; Marcus Coleman, 917 LG; Shermaine Gaskill, 307th RED HORSE Squadron; Joe Gix, Jr., 917th Mission Support Squadron; Miranda Hendrix, 917 MSSQ; Shatara Lemons, 917 LG; Amber Leone, 917 LG; Andrew Marshall, 93rd Bomb Squadron; Brian Martin, 917th Civil Engineer Squadron; Amanda McAdams, 917 MSSQ; Jessica McLane, 917 MDS; Louis Norman, 917th Security Forces Squadron; Reginald Ross, 917 SFS; Clote White, 917 MDS; DeAngela White, 917 MSSQ; Alicia Williams, 917 MSSQ.

To Senior Airman - Benjamin Bogues, 93 BS; Gerrod Cooksey, 917 SFS; Crystal Crist, 917th Operations Group; Tonesha Gray, 917 SFS; Clyde Inman, 917 SFS; Michael May, 917 SFS; Tyler Savoy, 917th Maintenance Squadron; Thomas Slater, 93 BS; Casey Westerman, 917 LG; Demetria Wright, 917 MDS.

To Staff Sergeant - Stephen Basham, 917 MDS; John Butterfield, 917 MXS; Shannon Collins, 917th Wing; Lakatia Harley, 917 MSSQ; Bryant Jopplin, 93 BS; Brian Mayfield, 917 OPS; John Osborne, 917 MXS; Chad Turner, 917 SFS; Matthew Whitaker, 917 MXS.

To Technical Sergeant - Ronnie Harris, 917 MXS; Wallace Monson, 917 LG; Robert Parrish, 47th Fighter Squadron; Andre Quarles, 917 OPS; Joe Smith, 917 MSSQ.

To Master Sergeant - Steven Caponera, 47 FS; Lenny Dean, 917 CES; Keith Guess, 917 CES; Keith Lawson, 917 LG; Robert McNeill, 917 MXS; Ilyasah Reid, 917 LG; Jess Richardson, 307 RHS; Dwight Sanders, 917 MXS;

To Senior Master Sergeant - Thomas Grady, 917 MXS; Robert Winkler, 917 LG.

RED HORSE: Ali Al

Story by Staff Sgt. Sherri Savant Wing Public Affairs

They drill for water, build schools, make playgrounds safer for children, but most recently the 307th RED HORSE Squadron repaired runways and erected more permanent structures in the area of operation in support of the war on terrorism.

The 307 RHS deployed approximately 20 personnel, in late February, to Ali Al Salem Air Base, Kuwait, one of the bases tasked with enforcement of the no-fly zone over Iraq.

"This base was supposed to close," said Maj. Michael Falcon, commander of the 386th Civil Engineering Flight while deployed. "After the attacks on Sept. 11, it was decided to spend an additional \$20 million to make the base more permanent."

"To make this base a more hardened facility, the folks there needed help immediately," said Falcon. "The base has outgrown its current facilities. The temper tents being used are about eight years old. Everything is temporary. Wires run all over above ground, causing the power to go out a lot."

While in Kuwait, the 307 RHS was responsible for work that included civil engineering, heavy equipment operations, base maintenance and new construction.

"We repaired the main runway and taxiways that directly resulted in keeping the coalition (United States, British and Kuwaiti) Air Force's aircraft flying to enforce the Iraqi no-fly zone and to support Operation Enduring Freedom," said Senior Master Sgt. Bennie Wilson, pavement construction equipment operator.

"We received work orders and scheduled them by priority and supported other shops with heavy equipment so they could complete their work orders or respond to emergency outages," said Wilson, after his third return from the desert.

"At one time, there were 90 holes in the runway," said Falcon. "The high level of flying there made it difficult to get on the runway to do the needed repairs. So the guys would wait for a sand storm when there were no planes landing or taking off to get out and do the repairs."





Tech. Sgt. Larry Buchanan, 307th RED HORSE Squadron engineering Wilson, 307 RHS heavy equipment operators, relocate a drop-arm at the by-pass road to the desert. The 307 RHS deployed to Kuwait in suppo

Repairing the runway during a sand storm wasn't easy, Falcon said. "It was hard enough to walk in a storm and even more difficult to work during one."

Like any deployment, being away from family and friends is the hardest, Wilson said. "I missed my daughter's graduation from college and my 26th wedding anniversary. I hated not being there for them."

"I missed the birth of my fifth grandbaby, a boy, on April 9," said Master Sgt. Bobby Herring, heavy equipment operator.

For Falcon, a single parent, being deployed meant leaving a young daughter behind with a relative. "My

A brief look at the luxurious living quarters in Kuwait otherwise known as Tent City (Photo by Master Sgt. Jessica D'Aurizio).

Salem is here to stay



PHOTO BY TECH. SGT. SHERRY BUCHANAN

assistant, Master Sgt. Bobby Herring and Senior Master Sgt. Bennie ne entry-control point to Ali Al Salem Air Base, Kuwait, after building a rt of Operations Enduring Freedom and Southern Watch.

daughter lost her mother in an accident just two weeks before I was supposed to go. For me to leave at that time was the hardest thing about the deployment. Fortunately, my sister took care of her while I was away," Falcon said.

Members of the 307 RHS say they are ready to go again if called upon. "I'll go where my country needs me," Wilson said.

"There is a personal satisfaction in going," said Herring. "My country has been good to me. It is my responsibility to do what I can in return."

Heavy equipment operators with the 307 RHS level off a berm and expand an area for a tent city in Kuwait (Photo by Senior Master Sgt. Bennie Wilson).



PHOTO BY SENIOR MASTER SGT. BENNIE WILSON

Tech. Sgt. Willie Daniels and Master Sgt. Bobby Herring, 307RHS heavy equipment operators, saw out a damaged area on the runway at Ali Al Salem Air Base, Kuwait used by coalition aircraft (Kuwaiti, British and U.S.) during a 50-mile-per-hour sand storm. With this runway out of operation, no planes could enter or depart the base.



8 — GATOR GAZETTE

Reserve seeks volunteers for longer AEF tours

Story by Staff Sgt. Sean P. Houlihan Air Force Reserve Command Public Affairs

Despite an increase in the number of 90-day air and space expeditionary force deployments, Air Force Reserve Command's policy of seeking volunteers first to satisfy these requirements remains unchanged.

"The policy of the Air Force Reserve Command's preference to use volunteers has not changed since 1999 when (Lt. Gen. James E. Sherrard III, AFRC commander) made the commitment that AEF was 'job one,' even in light of the events of Sept. 11," said Tony Tassone, AEF cell director at AFRC headquarters.

However, Tassone said, since the United States initiated its war on worldwide terrorism, reserve AEF commitments to Operation Enduring Freedom and the enforcement of no-fly zones over Iraq have evolved beyond limiting these deployments to two weeks.

Tassone said that with the new theaters of operation, including homeland defense, and Air Force Chief of Staff Gen. John P. Jumper's decision to meet commitments within these theaters using the AEF framework, the process has changed to include combinations of tour lengths for reservists.

During the current AEF cycle (March 1, 2002, to May 31, 2003), the command must fill more than 800 support taskings with reservists doing two-week rotations and numerous aviation taskings with people serving various tour lengths. The cycle includes about 1,500 taskings that require 90-day commitments with no intermediate rotations.

Several factors are responsible for the 90-day tour lengths, Tassone said, which include the opening of new bases and theater commanders in chief requiring longer tours. Another factor is the inability to rotate large numbers of people on a two-week basis in and out of forward-operating locations because of a lack of transportation. Additionally, he said, people with certain aviation and support skills in high-demand career fields are subject to the longer tours.

"Despite the longer tours, volunteerism is still the first consideration of the AEF cell as we try to fill those positions," Tassone said. "However, if the number of 90-day tours, with no intermediate rotation, remains at the present level, we will not have enough volunteers to meet the taskings."

As a result, AFRC will be forced to resort to mobilizations to meet its requirements.

He said the command intends to offer up capabilities using volunteers with 15 days of availability in AEF Cycle 4, which is scheduled to begin in June 2003, with planning starting this summer.

In April, Sherrard said AFRC favors filling its AEF commitments with volunteers because this "reduces the stress on our reservists and their families, as well as employers."

"It's the best way for us to operate," the general said. "I will do everything I can to fill our requirements using volunteers."

If the command maintains its current level of commitments throughout AEF Cycle 3, it will provide more than 30,000 volunteers along with about 13,000 mobilized reservists.

"The goal of the whole AEF process hasn't changed — force projection through a stable and predictable deployment schedule for both active and reserve personnel," Tassone said.

He said the Reserve will continue to be a part of the AEF process by providing volunteers and aircraft in support of deployments for 15 to 90 days to support Air Force requirements.

Coping with daily living

Personal Coping Strategies: Environmental and Social

This is the second part in a two-part series on coping with stress.

Story by Chaplain (Capt.) Ralph DeVaul Chaplain

Environmental coping strategies appear to be the most complex. Environmental simply means the environment or place where an event occurs. Did the event happen at home, work, church or school? Traumatic events have a much more powerful effect on a person if they occur in a setting where little or no social support structures are available.

Did a person have a negative event when he or she was alone? If you receive notice that someone in your family is ill, in an accident or has died suddenly, you are better able to handle the negative information if there is a person present to talk to. The opportunity to discuss such a negative event with someone helps process the information. Left alone, you may feel guilt, shame or blame when you shouldn't

Next to personal coping strategies, social coping strategies play one of the most important roles in how well you deal with difficulties or even traumatic events. Our social support structures are paramount in how we deal with negative events. Social supporters include our spouses or significant others, family and friends.

God created us as social beings, with the need for relationships. An important social supporter for Wing members is the chaplain. The role of the chaplain is to be an active or "virtual" presence for good times and bad times.

In the military, especially with the high ops-tempo, we often spend more time with our co-workers than we do with our spouse or family. As co-workers, we should make ourselves available to one another.

As the Scripture puts it, "Iron sharpens iron, so one man sharpens another. (Proverbs 27:17).

The idea behind this passage is that two people are better at understanding a situation than one. Sharpening or understanding occurs through talk or conversation. Without it, we are prone to make hasty or poorly thought out decisions.

Chaplains are available 24 hours a day, seven days a week if needed. You may reach Chaplain (Lt. Col.) Bill Willis at (318) 208-8360 or Chaplain (Capt.) Ralph DeVaul at (318) 208-8362. During the unit training assembly, the chaplains can be reached in Bldg. 6803, Rm. 239, or at 456-9178.

LDP Class 02-A meets the challenge

Story by Staff Sgt. Sherri Savant Wing Public Affairs

The Leadership Development Program, a mid-level course geared toward Reserve staff and technical sergeants, is a forum for attendees to gain a better understanding of the roles and responsibilities of a noncommissioned officer.

Seventeen members of the 917th Wing participated in the LDP Class 02-A, a 10-day class, from June 26-30 and July 10-14. They are: Staff Sgts. Larry Bunn, Christopher Chance, Clay Dotson, Frank Garza, Matthew Himes, Tiffany Jackson, Rodney Jones, Lanona Mathis, Rodney Price and Joshua Wendt; Tech. Sgts. Robert Bond, Lenell Kirkham, Vincent Macafore, Charles Mills, Mark Poole, Stephen Robicheaux and Gregory Walker.

The participants learned management theory and how to better communicate and manage time in roles of leadership. Stress management, communicative and counseling techniques were also part of the instruction.

"I really enjoyed the class and the instructors," said Tech. Sgt. Robert Bond, 917 LG. "If you keep an open mind and listen carefully to what is being said, you will get more out of it than you ever think possible."

"The class was the most rewarding military class I've ever been a part of," said Staff Sgt. Larry Bunn. "I'll be a better leader now because of the information I learned in the class."



PHOTO BY STAFF SGT. SHERRI SAVANT

Senior Master Sgt. Brent Boehme, LDP facilitator, shakes hands with Tech. Sgt. Steve Robicheaux, participant and member of the 917th Logistics Group.

The next LDP class is scheduled for Sept. 25-29 (Phase I) and Oct. 2-6 (Phase II). For more information, contact the Wing Education and Training Office at 456-8066.

Barksdale makes history

Story by Tech. Sgt. Diana Perusin Wing Public Affairs

The History Channel highlighted the B-52s from Barksdale AFB, La., in a documentary celebrating the aircraft's 50th anniversary in late March. A production crew of five, called "Flashback" from the United Kingdom interviewed personnel from Barksdale B-52 squadrons on touchand-goes, and reenactments of accounts told by Vietnam War veterans.

Viewers can expect to see the history of the B-52 from the development of its design to footage of Barksdale's B-52 on August 18, at 8 p.m., titled "Heavy Medal." The special will also contain reenactments of combat missions that took place during the Vietnam War.

A series called "Battle Stations" for the History Channel completes approximately 12 specials per year. The segments are normally broken down into three parts: archive film showing the history to present, interviews, and reenactments. Military aircraft, ships, and tanks are

featured in the hour-long show. The crew has produced shows about the British Spitfire, the P-51 Mustang, and various Army tanks and Naval ships.

"This has been a unique experience and a fantastic opportunity to see one of the most famous bombers in history," said Taylor Downing, managing director.

"It is shot from a historical perspective with reenactments from stories told by war veterans," said Colin Barratt, director of

the series. The crew was looking to obtain as much technical accuracy and authenticity as possible. Props dating back to the 1960s filled the 93rd Bomb Squadron aircraft, while members of the crew were dressed in vintage flight gear. Maj. Joe, a



PHOTO BY TECH. SGT. DIANA PERUSIN

Major Joe, 93rd Bomb Squadron radar navigator, and Staff Sgt. Davey, 93 BS life support technician, prepare for the History Channel's documentary reenactments.

93 BS radar navigator, provided technical and historical information and performed the reenactments. "The crew members and the base provided great support," said Barratt.

10 — GATOR GAZETTE

Voices: Have you experienced heat stress, and if so what did you do to correct the problem?



Tech. Sgt. Wendel Toliver 47th Fighter Squadron

"No. I drink plenty of fluids and am not allowed to work on the flightline more than 1 1/2 hours at a time in extreme heat."



Lt. Col. Robert Timm 917th Wing Plans

"Yes, once I had cramps and chills and felt dizzy. I felt better after I sat under the fan and drank some water."



Staff Sgt. Tiffany Jackson 917th Communications Flight

"Yes, while I was working long hours as an augmentee with Security Forces. I felt better after going to the hospital and resting."



Tech. Sgt. Todd Jaco 917th Mission Support Squadron

"Yes. I felt weak and dizzy after a long day of delivering mail. After cooling off and drinking water, I felt much better."

101 Critical Days of Summer: The Heat is on

Story by Staff Sgt. Shannon S. Costello Wing Safety

When I left from a deployment in Kuwait two summers ago, the temperature there had reached nearly 140 degrees. I sighed in relief when the pilot announced over the intercom the current temperature on the ground in Shreveport...a nice mild temperature of 94 degrees. So why in the world did I feel like I had lost my breath when I got off of the airplane onto the tarmac?

When you hear the term "heat stress" you probably think about heat exhaustion, heat cramps and heat stroke...all physical signs that our bodies have been overexposed to heat. But have you ever stopped to think about how heat exposure not only affects the overall health and safety of our bodies, but also the overall safety and performance of the mission?

Our bodies, being warm blooded, typically maintain a fairly constant internal temperature near 98.6 degrees, even when we are being exposed to high environmental temperatures. We all know that sweating is, in essence, our own personal air conditioning unit. However, sweating does not cool our bodies unless the moisture is removed from the skin by evaporation. When the humidity in the air rises above 60 percent and is coupled with temperatures above 95 degrees, the evaporation of the sweat from our skin is decreased, and our body's efforts to maintain a healthy body temperature may

become significantly impaired. With so much of our blood going to the external surface of our bodies, much less goes to our active muscles and our brains. Our strength will start to decline and fatigue may occur much sooner than it would otherwise. Alertness and mental capacity may also be affected.

There are certain safety issues that we need to be aware of here in Louisiana when higher, humid temperatures are lingering amongst us. The higher heat tends to promote mishaps due to the slipperiness of sweaty palms, dizziness and the fogging of safety goggles for example. Aside from these obvious dangers, the frequency of mishaps tends to be higher here in the South than in more moderate climates. In addition to the physical effects of heat and humidity on our bodies, there are physiological and emotional effects as well. The heat and humidity will cause physical discomfort which may promote irritability, anger and other emotional states which may cause us to overlook safety procedures or divert our attention from hazardous tasks.

We are well into the 101 Critical Days of Summer, which primarily focuses on off-duty mishaps. Even though we all need to be continuously vigilant in regards to our off-duty safety, we need to remain especially alert to the increased mishap potential on duty as the heat and humidity rise.

For your thoughts...

"Being a good leader is a tough job, but it's fulfilling when done properly. Balancing the troops' needs with the demands of the mission is a daily struggle. Decisions you make everyday define you as a leader. Make your decisions count!"

> —-Chief Master Sgt. Tom Buchanan 355th Supply Squadron

917th Wing Training Schedule

August 3-4, 2002

Time	Event	Location
<u>Saturday</u>	- 1	
0630-0700	Sign-in	Assigned unit
0700	Wing staff meeting	Bldg. 6803, Rm. 105
0700	Intro all newcomers	Bldg. 6803, Rm. 227
0700	Physical exam (flyers)	Base hospital
0730	Physical exam (non-flyers)	Base hospital
0730-1000	Body fat measurement	Family practice
0730-1430	Eyeglass inserts	Optometry clinic
0745	Firearms training	Firing range
0800 & 1300	Initial Warfare (appointment only)	Bldg. 4713, Rm. 329
0800 & 1300	Chem Warfare Refresher	Hangar 7
0900	Anti-terrorism training	Bldg. 6803, Rm. 227
0900-1400	Immunizations	Base hospital, 1st floor
1000	Unit deployment managers	Bldg. 6803, Rm. 227
1000	First sergeants' meeting	Bldg. 6803, Rm. 105
1100-1200	Praise Team Rehearsal	MPF Auditorium
1300	Flightline drivers training	Bldg. 6825, Rm. 243
1300	HRDC meeting	Bldg. 6803, Rm. 105
1550-1615 Sign-out	1550MXS 1600-CES, MSS, WG	1610LG

0630-0700	Sign in	Assigned Unit
	C C	0
0730	Information Management Training	
0730	Human Relations	Bldg. 6803, Rm. 227
0745	Firearms training	Firing range
0800-1000	Dental Class 3 profile reviews	Base dental clinic
0800-1300	Eyeglass inserts	Bldg. 4845 (by hospital)
0800	UCI meeting	Bldg. 6803, Rm. 105
0800	Initial Warfare (appointment only)	Bldg. 4713, Rm. 329
0800	Career advisor training	Bldg. 6815, T-Net
0800	Chem. Warfare Refresher	Hangar 7
0830	Substance Abuse	Bldg. 6803, Rm. 227
0900	Catholic Mass	Base Chapel 2
0900	Unit advisory council	Bldg. 6803, Rm. 105
0945	EO First Duty Station Part 1	Bldg. 4714, 3rd Floor
1000-1030	Protestant services	Bldg. 6803, Rm. 227
1100 & 1200	Aerobics class	Base gym (aerobics rm.)
1230	EOC testing	Bldg. 4314, 3rd floor
1300	EO First Duty Station Part 2	Bldg. 4714, 3rd Floor
1430	SORTS meeting	Bldg. 6803, Rm. 105
1515	47FS Commander's Call	Bldg. 6803, Rm. 227
1550-1615 Sign-out	1550MXS 1600-CES, MSS, WG	1610LG

Know anyone who is looking for a recruiter?

Barksdale AFB, La.			
Master Sgt. Joe Menna			
Master Sgt. Don Copeland			
Tech. Sgt. Gary Johnson			
4 000 044 4074			

Staff Sgt. Matt Lucas

318-683-0331 Little Rock AFB, Ark. Tech. Sgt. TeNeuss Land 1-800-241-4071

501-987-7188 Monroe, La. 318-323-1898 Mesquite/Tyler, Texas Texarkana, Texas

Tech. Sqt. Clark Fitzpatrick 972-681-6384/903-534-8618

Master Sqt. Ellen Shaheed

903-223-7030 If you are interested in becoming a recruiter, call Chief Master Sgt. Larry Woods, 917th Wing Recruiting at 318-456-9751.

Shreveport, La.

SERVICES

Military Personnel Flight

Bldg. 6803, Room 140, ext. 9205

Saturday

7 - 11 a.m. - Newcomers in-processing. 11 a.m. - 4 p.m. -All customer service functions (open during lunch)

Sunday

7 - 8 a.m. - Closed for training.

8 a.m. - 2 p.m. - All customer service functions (open during lunch)

2:30 - 4 p.m. - Closed for training.

Monday - Friday

7 a.m. - 4 p.m. All services

NOTE: Customer Service functions include in & out processing, ID cards, DEERS, DD93s, SGLI, Vehicle Decals,

Record Reviews, etc. Base Billeting

Bldg. 5155, 456-3091/3092

Open 24 hours a day, seven days a week (reservations required)

Chaplain

Bldg. 6803, Room 239, 456-9179

Friday - Sunday - 7 a.m. - 4 p.m, Chaplain DeVaul (318) 208-8362 Chaplain Willis (318) 208-8360

Red River Dining Hall

Bldg. 4631

Breakfast - 5:30 - 6:30 a.m.

Lunch MS - 11 - 1 47FS - 11:45 WG - 11 MSS - 11:45 93 BS - 11:15 CES - noon SFS - 12:15

NOTE: You must show ID card, newcomer's letter or DD form 1172.

Family Readiness

Bldg. 4713

Saturday & Sunday - 8 - 11 a.m.

Military drivers license

Military drivers license issue is available on the main UTA in Bldg. 6825, Rm. 240. Issue hours: Saturday & Sunday noon - 2 p.m.

Lodging

For information on official or space "A" lodging call 1-888-AF-LODGE. Once the automated system answers, key in the first three letters of the base you are trying to reach.

Military Pay

Main UTA Schedule

Sat. 7 a.m. - 4 p.m., Sun. 1 p.m. - 4:00 p.m.

Gov. Credit Card Service Bldg. 6803, Room 203, 456-9546

Mon.-Fri. 6 a.m. - 2:30 p.m.

Main UTA - 7 a.m. - 4 p.m. (Saturday only)

Military clothing issue

Wednesday 10 - 11:30 a.m.

Main UTA Saturday 10 a.m. - noon and 1 - 3 p.m.

12 — GATOR GAZETTE

Christine, daughter of Maj. Stan, B-52 pilot, helps Dad carry get his equipment to the car after his return from the forward operating area.



B-52 crew returns from war



PHOTOS BY MASTER SGT. JESSICA D'AURIZIO

Maj. Martin, 93 BS radar navigator, is greeted by his children after returning home from the war on terrorism in a B-52. Bottom left: Maj. Rafael, 93 BS radar navigator, and wife Sandy, are reunited after his second deployment in support of the war on terrorism.

UTA Schedule

Main **Alternate** Aug. 3-4 Sept. 7-8 Aug. 17-18 Sept. 21-22 Oct. 5-6 Oct. 19-20 Nov. 16-17 Nov. 2-3 Dec. 7-8 No alternate Jan. 4-5, 2003 Jan. 11-12, 2003 Feb. 1-2 Feb. 8-9 March 1-2 March 15-16 April 5-6 April 12-13 May 17-18 May 3-4

917th Wing 1000 Davis Ave. East Barksdale AFB, LA 71110-2287

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